



Wellness Clinic

Fox Army Health Center

March/April 2015

March is National Nutrition Month

Academy of Nutrition and Dietetics Encourages Everyone to Explore New Foods, Flavors and 'Enjoy the Taste of Eating Right' during National Nutrition Month® and Beyond

Research confirms that taste is the number-one reason why one food is purchased over another. So what are consumers to do when the taste of favorite foods starts to lose its luster? As part of the 2014 National Nutrition Month® theme, "Enjoy the Taste of Eating Right," the Academy of Nutrition and Dietetics encourages everyone to explore new foods and flavors, keeping taste and nutrition on your plate at every meal.

"Once we find nutritious foods that we like, it can be easy to fall into a rut of eating those same foods over and over," says registered dietitian and Academy spokesperson Constance Brown-Riggs. "However, there is a whole world of tasty and nutritious foods available today that are just waiting to be discovered. Adding more nutrition and pleasure to each meal is as easy as expanding the range of foods you choose."

Whether shopping at the grocery



store, eating at a local restaurant or cooking meals at home, Brown-Riggs offers easy steps to keep your taste buds excited while making sure your body is getting the nutrients it needs.

At The Grocery Store:

When shopping, make it a point to try one new fruit, vegetable or whole grain every week. "You can start small by picking a different type of apple, a different color potato or a new flavor of whole-grain rice until you are comfortable picking entirely new things that you've never tried or heard of before," Brown-Riggs says.

Eating At Restaurants:

The next time you and your family head out to eat, choose a restaurant that features ethnic foods from Asia, Europe or Africa. These restaurants often feature menus filled with healthy options that will be new to you. "You can also find a local restaurant that specializes in using seasonal ingredients. Frequently you will be able to order your favorite dish but with a new and exciting flavor twist," Brown-Riggs says.

Cooking At Home:

Add variety to your staple dishes by varying the ways you cook them. Grill or broil the chicken you typically bake. Mash the potatoes you typically roast. Steam the vegetables you typically sauté. And get to know your spice cabinet. "A pinch of this and a dash of that can add a fresh zest to an old favorite," Brown-Riggs says.

"Remember, you have about 10,000 taste buds. So don't be afraid to experiment with new flavors and foods," Brown-Riggs says.

Visit the Academy's website to view [a library of recipes](http://www.eatright.org/Media/content.aspx?id=6442479767#.VKwjiREcS70) designed to help you "Enjoy the Taste of Eating Right."

<http://www.eatright.org/Media/content.aspx?id=6442479767#.VKwjiREcS70>

March Awareness Month:
National MS Education and Awareness Month
National Nutrition Month
Hemophilia Awareness Month
March to Health

April Awareness Month:
Cesarean Awareness Month
IBS Awareness Month
National Autism Awareness

April is Parkinson's Awareness Month

In 2010, April was designated Parkinson's Awareness Month by the United States Senate. By designating Parkinson's Awareness Month a national event, it is hoped that this observance will lead to more media coverage which in turn will gather further support for those affected.

While people may have heard of Parkinson's disease, many know little or nothing about the condition and how it affects a person and their friends and family.

Parkinson's disease is a neurodegenerative condition and after Alzheimer's is the second most common disease in the United States. Neurodegenerative is a term which refers to a progressive loss of nerve cells (neurons) and/or their function. Neurodegeneration from Parkinson's disease can give rise to a wide spectrum of symptoms; symptoms can vary widely between people in terms of their type and severity.

Symptoms of Parkinson's Disease:

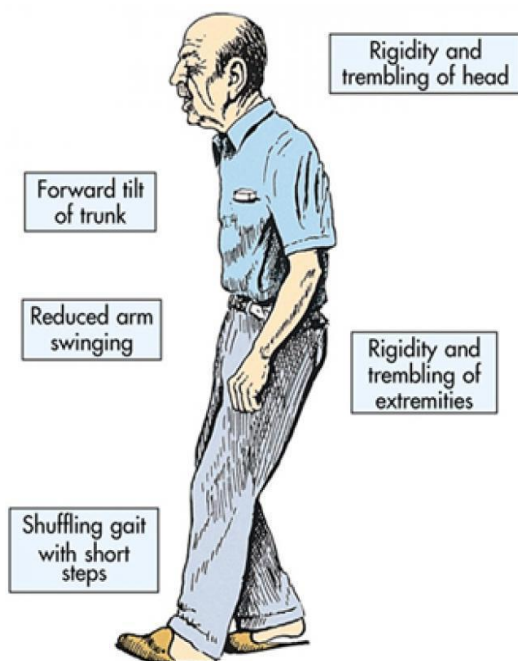
- difficulties with balance, swallowing, chewing and speaking
- tremor
- slowness
- constipation
- sleep disruption
- constipation
- psychological issues including problems with cognition, anxiety and depression

One of the most noticeable symptoms of Parkinson's disease is tremor in which the body makes involuntary quivering movements.

As the disease progresses, symptoms can worsen. For example, over time a person may not be able to move, speak or swallow. This can often arise 4-8 years after the initial onset of Parkinson's disease.

The cause of Parkinson's disease is unknown and there are no known successful treatments which can delay or stop its progression. To further complicate matters, the symptoms of Parkinson's disease may be mistaken for another condition. As Parkinson's disease is so prevalent in society, Parkinson's Disease Awareness Month helps support those affected by the disease while encouraging further research into finding a cure or adequate treatment.

<http://www.whathealth.com/awareness/event/parkinsonsawarenessmonth.html>



Treatment Options:

Because currently there is no known cure for Parkinson's disease, understanding the **standard treatments** - and the **treatment options** - is critical for better controlling the symptoms and preserving the patient's overall functional capacity and quality of life.

- The **medications** that are commonly used to increase the levels of **dopamine** in the brain of patients with Parkinson's disease in an attempt to slow down the progression of the disease.
- **Lifestyle modifications** that have been shown to be effective for controlling motor symptoms in the early stages of Parkinson's disease.
- The **surgical treatment options** that are available for Parkinson's patients with severe motor symptoms that cannot be controlled with medications.

<http://www.medifocus.com/2009/landingp2.php?gid=NR013&a=a&assoc=msn>

